

Setup

1. While in Dormant Mode enter *Set Up Mode* by pressing the following buttons on the keypad **Clear 750** and then press the **Enter** key. You will now be in the set up menu.
2. Press the **Speed +** and - keys to scroll through the set up options. Press the Enter key to edit options, change values with the **Incline ^** and **v** keys or the **Speed +** and - keys. Press Enter to save your selection and return to the set up menu. Press the **STOP** key to exit to Dormant Mode. Press the **CLEAR** key to reset to the previous stored value, and exit back to the menu. The set up options are displayed in the following order:

Language (Language):

This selects the language displayed in the text area of the console. Language choices are:

- ENGLISH (Default)
- GERMAN
- FRENCH
- SPANISH
- JAPANESE
- SWEDISH
- RUSSIAN
- DANISH

Units (UNITS):

Choices are "ENGLISH (LB/MPH)" or "METRIC (KG/KPH)" measurements. English is the default.

Frequency (FREQUENCY):

This is the frequency of the power line that supplies power to your treadmill. The default setting is 60 Hz.

NOTE: *If you have an English console and a 50 Hz power line frequency, then you must change the default setting from 60 Hz to 50 Hz for the proper elevation frequency.*

Clock Style (HH:MM / MM:DD:YY or DD:MM:YY):

The 750T features a clock and calendar. The clock can be displayed in a 12 or 24 hour format. The calendar date format can be displayed as Month-Day-Year (US) or Day-Month-Year (EU).

"12HR US DATE"
"24HR EURO DATE"
"12HR EURO DATE"
"24HR US DATE"

Current Time (HH:MM):

The 750T features a clock that displays the current time. Examples for 2:57 PM on May 10, 2007.

12HR US DATE	"02:57P 5/10/2007"
24HR EURO DATE	"14:57 10-05-2007"
12HR EURO DATE	"02:57P 10-05-2007"
24HR US DATE	"14:57 5/10/2007"

Default Time (DEFAULT TIME):

This is the default time for time based programs if a user does not re-set Time. For example, if you press Time you can decrease or increase the set workout time up to the amount that the Max time is set. Choices are 10, 20, 30, 60 and 90 minutes. Default is 30 minutes.

Review Time (REVIEW TIME):

This is the Review Time for which the user's workout results are displayed at the end of a workout. Choices are 0:10, 0:20, 0:30, 1:00 and 5:00 minutes. Default is 20 seconds.

Max Time/Time Zones (MAX TIME = MINUTES, ZONED OR OFF):

This is the maximum amount of time the treadmill can run per user workout session. You can limit the users time or choose 'OFF' to disable the Max Time. Valid choices for Max Time are OFF, 20, 30, 40, 50, 60, 90 and 120 minutes or ZONED. For ZONED, you can define a user maximum session time based on four time zones. This allows limiting use only during busy times of the day.

This is how ZONED is configured from the factory:

ZONE1 5:01A 60
ZONE2 9:01A OFF
ZONE3 4:01P 60
ZONE4 9:00P OFF

The maximum session time is limited to 60 minutes from 5AM - 9AM and from 4PM to 9PM in this example, with all other times unlimited. The zone start/stop time and the time limit in each zone can be modified to suit your needs.

Pause Time (PAUSE TIME):

This is how long the treadmill retains and displays your current workout data during a pause in the workout. Choices include: Off; 1 minute; 5 minutes; and 10 minutes; default is Off.



WARNING: *It is strongly suggested to not allow any user on the treadmill without adequate instruction. The use of a treadmill at high speeds can be dangerous and potentially result in injury. To avoid injury no user should be allowed to use the treadmill at a speed that exceeds their level of ability.*

The 750T Treadmill has been programmed to have a default maximum speed of 12.4 mph from the factory. As the owner of this treadmill you may change the default setting for maximum speed up to 15 mph. Please be aware that higher speeds have higher risk and if a user exceeds their ability, they can potentially loose coordination that can result in injury.

The e-stop clip should be worn at all times.

Max Speed (MAX SPEED):

This is the maximum speed the treadmill will run. Choices are between .5 and 15.6 MPH (0.8 to 25.1 kph). Default MAX SPEED is set at 12.4 MPH (20.0 KPH).

Max Incline (MAX INCLINE):

This is the maximum elevation the treadmill will incline. Choices are between 0 and 15 percent grade.

NOTE: *Setting both the Min and Max incline to 0 percent will disable the elevation.*

Min Speed (MIN SPEED):

This is the minimum speed the treadmill will run. Choices are between .5 and 1.0 MPH (0.8 to 1.6 KPH).

Min Incline (MIN INCLINE):

This is the minimum elevation the treadmill will decline. Choices are between -3 and 0 percent grade.

NOTE: *Setting both the Min and Max incline to 0 percent will disable the elevation.*

Sound (TONE - ON/OFF):

This option will enable or disable the beeper by toggling it on/off. Default is On.

Dormant Display Option (DORMANT STYLE):

This defines what is displayed in Dormant mode. Valid Choices for Dormant Display are:

- 0 – DEFAULT -
- 1 – TEXT MSG - Not Applicable.
- 2 – OUT OF ORDER - Out of Order message.
- 3 – CLOCK - Time clock.
- 4 – PROFILES - Displays program profiles.

Lock Combination (LOCK CODE).

This feature will allow the Lock Combination (PIN) to be changed. It requires the correct PIN number to be entered first before allowing any changes.

The PIN numbers will be entered using the keypad. If an incorrect PIN number is entered, the number will blink once and revert back to underscores. If a valid PIN number is entered, blink the ON or OFF (default) text (whichever was previously stored) and allow the Speed Control Key to toggle it.

Custom Programs - (SAVE PROGRAM).

The ability to **SAVE** a workout session as a custom program during *Review* is enabled or disabled here. If disabled, the **SAVE** button will not be active during *Review*. The text area will display **Save Program On** or **Save Program OFF** (default).

Remember: *You must press Enter after changing a value for that value to be stored.*

3. **To exit Set Up Mode press the Stop key once.**

Your treadmill is now ready for use. Follow the instructions in the *Operation* chapter to learn how to operate the treadmill. You should begin with walking speeds first, to be sure everything is functioning properly.